

CLAIMS

1. An oil composition comprising 0.1 to 59.8% by weight of a triglyceride, 40 to 99.7% by weight of a diglyceride, 0.1 to 10% by weight of a monoglyceride and at most 5% by weight of a free fatty acid, wherein contents of $\omega 3$ type unsaturated acyl groups having at least 20 carbon atoms and monoenoic acyl groups in acyl groups constituting the diglyceride are 15 to 89.5% by weight and 10 to 84.5% by weight, respectively.

2. The oil composition according to Claim 1, which further comprises 0.1 to 10% by weight of a glyceride polymer.

3. The oil composition according to Claim 1 or 2, wherein the content of $\omega 6$ type unsaturated acyl groups in acyl groups constituting the diglyceride is 0.5 to 75% by weight.

4. An oral medicinal composition comprising the oil composition according to any one of Claims 1 to 3.

5. A food comprising the oil composition according to any one of Claims 1 to 3.